

Arctic Midnight Orienteering

June 29 to July 2 2016

INSTRUCTION

1. RACE THE NORTH GREENLAND CHAMPIONSHIP

Date:	Wednesday June 29.
Competition form:	Individual classic event (Middle distance).
Start time:	First start at 7 pm.
Assembly area, start and finish:	Opposite the cemetery located between Hotel Arctic and the airport.
Start:	Call up 3 minutes before start. Map is given at the start time.
Finish:	At the assembly area. Maximum running time is 2 hours.
Classes:	See the programme Open course: no age limits, not championship class, We recommend to shade participants belonging to the classes W/M -12 and W/M 13-16 (children) because of the terrain which are more difficult than normal for these classes.
Start lists:	Available at the assembly area.
Map:	Ilulissat, Scale 1:7.500. Contour interval 5 meters, Revision 2015. The terrain North of Ilulissat..
Control descriptions:	IOF-symbols printed on the map (front). Loose descriptions are available
Punching system:	Sportident
Controls:	The controls are marked with orange/white flags. In some areas the controls are placed very close – remember to check the control code.
Water:	Water at finish. There are no controls with water
Shower:	At the Ilulissat Sports Centre.
Prices:	Price to the winner of each category. Price giving ceremony as soon as possibly after the race at the competition area.

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2. RACE SPRINT in Ilulissat town

Date:	Thursday, June 30.
Competition form:	Sprint.
Start time:	First start at 7 pm.
Assembly area and finish:	In front of Ilulissat Sport Centre (Ilulissat Hallen).
Start:	100 metre from Assembly area. Call up 3 minutes before start.
Finish:	At the assembly area. Maximum running time is 1 hours.
Classes:	See the programme
Open course:	No age limits, not championship class,
Start lists:	Available at the assembly area.
Map:	Ilulissat, Scale 1:4.000. Contour interval 2 meters, Produced 2015.
Control descriptions:	IOF-symbols printed on the map (front). Loose descriptions are available
Punching system:	Sportident
Controls:	The controls are marked with orange/white flags. In some areas the controls are placed very close – remember to check the control code.
Traffic	All courses are crossing roads with traffic. Be careful in the traffic, you run at your own risk.
Water:	Water at finish
Shower:	At the Ilulissat Sports Centre.
Prices:	Price to the winner of each category. Price giving ceremony as soon as possibly after the race at the competition area.

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3. RACE ARCTIC MIDNIGHT ORIENTEERING

Date:	Friday/Saturday July 1. - 2.
Competition form:	Long distance race with mass start
Assembly area:	At the community home 50 metre west of Ilulissat Sport Centre (IlulissatHallen).
Start:	Mass start for all courses. Start area: 400 metre southeast of Itisuarsuup Qinngua / Hollænderhavnen (Approx.1000 metre south of Ilulissat Airport.
Transport:	There is transport by bus from Event Centre (Art Museum) to start. Shuttle bus at 10 pm from Event Centre (Art Museum). Outerwear and small bags will be transported back to assembly area.
Finish:	At the assembly area. Maximum running time is 6 hours
Clothing:	Clothing and bags can be stored at the assembly area.
Classes:	See the programme.
Start lists:	Available at the assembly area.
Map:	1:10.000
Control descriptions:	IOF-symbols printed on the map (front). Loose descriptions are also available
Punching system:	Sportident
Water:	At the start and the assembly area.. Course 1, 2 and 3 have one drinking and radio control. Course 1 and 2 visit it two times. Course 4: No drinking controls. It is normally without any health risk to drink water from the streaming water springs.
Safety:	We recommend to shade participants belonging to the classes W/M -12 and W/M 13-16 (children) because of the terrain which are more difficult than normal for these classes. On the map are some crossings of rivers. At these crossings, it is possible to cross with fairly dry shoes All competitors bring a whistle. We hand out whistles at the start. We also recommend that all competitors bring a cell phone. The Competition Leader can be reached on 23 23 40. Note that there are areas without coverage.
Prices:	Price to the winner in each category. Price giving ceremony at the party Saturday evening at Hotel Icefiord.
Shower:	At the Ilulissat Sports Centre.

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General Information

Map:

The terrain is more dry than usual. Therefore, some wetlands (marshes, lakes) are smaller in size or completely dried up.

There are some small tracks in the terrain that is not showed on the map. The map is turned towards geographic north. Magnetic north are shown with the sloping meridians.

First Aid:

At the North Greenland Championships, the sprint and Arctic Midnight Orienteering there will be a first aid case in the finishing area.

Kiosk:

There will be a kiosk in the finishing areas with a limited selection of food and drinks..

Event Centre:

The Event Centre is situated at Art Gallery (Aron Mathiesenip Aqquserna nr. 7).

Open daily between 1 and 2 p.m. in the period from June 28 to July 2.

Maps with information about start and finish for each competition are available.

Party:

The party is held on Hotel Icefiord July 2 at 18:00 p.m.

The hotel recommend guests to take cash with the for payment of drinks

Organisation:

Competition Leader and course setter: Olav Odgaard, IOG.

Area Leaders: Team of experienced Greenland Orienteer's

Head Judge: Flemming Nørgaard, OK Pan, DEN

Warning!!!!

Participation is at your own risk. We especially emphasize that:

- **Traffic rules must be followed – watch out for the cars**
- **Do not run in between chained Sled dogs**
- **Be careful when you cross gorges and cliffs – both going up and down**
- **Be careful when you cross areas with snow or ice. Especially if you hear running water underneath**
- **Be careful when you cross areas with moss grown cliffs – they are very slippery**
- **Watch out for broken glass – even up in the mountains**
- **Do not pass lakes and rivers which is covered with ice and snow.**